
LESSON BF-000-15

WIC Breastfeeding Lesson for Pregnant Teens

Why Breastfeed?

OBJECTIVES:

This lesson is both motivational and educational. It may be used with the teen video ***Why Breastfeed?*** to motivate pregnant teens to breastfeed their babies. Participants will be able to:

- ? Name one way colostrum benefits their baby.
- ? Name one way breastfeeding the first month or more benefits their baby.
- ? Name one way breastfeeding benefits teen moms.

MATERIALS:

- ? Videotape program: ***Why Breastfeed?*** produced by Injoy Productions, English, 25 minutes
- ? TV/VCR
- ? *Let's Talk About Teens and Breastfeeding* brochure, stock #13-102
- ? Teen breastfeeding posters
- ? Bulletin board, four sample ideas attached
- ? *Breastfeed: That's the ticket!* game, master copy attached
- ? Evaluation, attached

OPTIONAL MATERIALS:

- ? *My Baby* book, stock #13-51
- ? *Tips for Pregnant Teens*, stock #13-15
- ? *Breastfeed: That's the ticket!* game, master copy attached
- ? Teen bookmarks, stock #13-10

Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented, staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 25-30 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING PREPARATION:

- ? During the months this lesson will be used, display in the classroom and waiting room posters that portray teen moms.
- ? Decorate a bulletin board in the classroom or in the waiting room, featuring teen moms and their babies. Four sample ideas are shown on pages 5-8 of this lesson.

ICE BREAKER:

Ask participants to take turns naming at least two things they all have in common.

Possible answers might be:

- ? We're all women.
- ? We're all teens.
- ? We're all beautiful!
- ? We're all on WIC.
- ? We're all pregnant.
- ? We all want a healthy baby.

There is something else you all have in common that you haven't named. You are all capable of producing the most nutritious, healthiest food for your baby! In fact, your body is producing milk for your baby now while you are still pregnant. You also have your differences, but the milk each of you produces for your baby is the perfect food for *your* particular baby! No one else can give your baby this *perfect gift*.

VIDEO:

Show the video, ***Why Breastfeed?***

DISCUSSION AND VIDEO EVALUATION:

- 1. This video talked about colostrum, the first milk mothers produce before the mature milk comes in a few days later. Why is colostrum good for your baby?**

Possible answers:

- ? Colostrum contains antibodies to protect against infection.
- ? Breastfeeding these first few days will help stimulate milk supply.
- ? Colostrum contains every nutrient your baby needs the first few days.

2. What is the most important benefit breastfeeding gives your baby?

Possible answers:

- ? Breastfeeding makes my baby healthier. Breastfed babies are sick less often, have fewer ear infections, and have fewer allergies.
- ? Breastmilk is easier for my baby to digest--fewer tummy aches, less diarrhea.
- ? Breastfeeding lowers my baby's risk for respiratory illness, osteoporosis, and certain cancers.
- ? Breastfeeding helps develop vision and brain functions.
- ? Breastfeeding helps form strong teeth and jaws.
- ? Breastfeeding will help my baby be healthier throughout life.

3. As a teen mom, why is breastfeeding a good thing for you as well as your baby?

Possible answers:

- ? Breastfeeding will help me get back into pre-pregnancy shape.
- ? Breastfeeding will make my baby healthier so I won't miss as much school or work because of a sick baby.
- ? Breastfeeding makes bonding easier and gives us special moments.
- ? Breastfeeding will help me get the sleep and rest I need. I won't have to get up in the night to prepare bottles.

Do **Oral or Written Evaluation** or proceed to **Optional Activity**.

TEACHING TIPS FOR OPTIONAL ACTIVITY:

Because the video is 20 minutes long, you may not have time to do the Optional Activity. You may use the Optional Activity as a lesson by itself or as an activity for a teen support meeting.

For the **Optional Activity** print the attached ***Breastfeed: That's the ticket!*** pages on color paper and cut paper into four equal parts. You may laminate the tickets before cutting them out so they may be re-used. Give a *My Baby* book, bookmark, or *Tips for Pregnant Teens* as prizes when each girl answers the question on her ticket.

OPTIONAL ACTIVITY:

1. **Let's pretend your baby is about to be born!** You have done everything you can to have a healthy baby, and he or she is arriving--right now! You have to get yourself to the hospital and I have a ticket to get you there, so here is your ticket.

Distribute the tickets.

2. **Let's see what kind of baby you have!**

Each participant takes a turn reading aloud the scenario on her ticket, naming her baby or babies, and answering the question on her ticket.

If a girl does not want to read the ticket aloud, you can read it for her, but encourage each participant to name her baby in the scenario and try to answer the question.

Every time mom makes a decision for her baby, she gets a prize--a bookmark, baby book, *Tips for Pregnant Teens* book, or other available prize. When *Tips for Pregnant Teens* book is given, point out to the class that many of the points brought up in the video are given in the *Tips for Pregnant Teens* book and they can refer to it often for help.

As participants leave, distribute *Let's Talk About Teens and Breastfeeding*, stock #13-102.

Oral or Written Evaluation

TRUE OR FALSE

- | | | |
|--|------|-------|
| 1. Colostrum is thin and bluish in color and has no real health benefits. | TRUE | FALSE |
| 2. Colostrum is all the food your baby needs until your mature milk comes in. | TRUE | FALSE |
| 3. Your breastmilk will help protect your baby against infection. | TRUE | FALSE |
| 4. Breastfeeding helps moms get back into shape. | TRUE | FALSE |
| 5. When I start back to school, I can give my baby breastmilk or formula but never both. | TRUE | FALSE |

Answers:

1. False
2. True
3. True
4. True
5. False

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Evaluation Form - Participant

1. The name of the video I saw today was: _____
2. I am: (you may circle more than one)
 - a. pregnant
 - b. breastfeeding
 - c. parent of an infant
 - d. parent of a child
 - e. family or friend
3. How much did you like the video?
 - a. a lot
 - b. a little
 - c. not at all
4. Do you plan to use this information?
 - a. yes
 - b. no
5. Do you think this is a good video to show at WIC?
 - a. yes
 - b. no

Why? _____

6. What is the most useful thing you learned from the video and discussion today?

7. Comments _____

Thank you for your time!

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Evaluation Form - Staff

LA# _____ Month/Year of lesson use: _____

1. Was the audiovisual easy to see and hear?
a. yes b. no

2. Was the lesson easy to read and follow?
a. yes b. no

What changes would you suggest for improving the lesson? _____

3. Was participant feedback:
a. positive
b. negative
c. indifferent

4. Do you plan to use this audiovisual/lesson again?
a. yes b. no

Comments: _____

5. Additional comments: _____

Thank you for your time!

Send Staff and Participant Evaluation Forms for New Lessons to:

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Texas Department of Health
Bureau of Nutrition Services
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Austin, Texas 78756